For your average 24-hour period, log the following:

1. Caloric Expenditure

Record all of your activities, from walking, to sitting, etc. Include the length of time you did each. You will use this website (<http://exercise.about.com/cs/fitnesstools/l/blcalorieburn.htm>) to calculate your caloric expenditure per activity. Then add all of the caloric expenditures for all activities for the day. Don’t forget to include your Basal Metabolism calculation in your total Caloric Expenditure

1. Caloric Input

For either the same day or another average day for you, list the foods and fluids you intake (i.e. snacks, breakfast, lunch, dinner, water, soda, etc.) Take a look at the caloric value of each food. You will have to include the following information for each item:

1. Name of the item
2. Servings consumed
3. Total Fat grams consumed
4. Total Cholesterol consumed
5. Total Sodium
6. Total Carbohydrate grams consumed
7. Dietary Fiber grams consumed
8. Total Protein grams consumed
9. Total Calories consumed with this item

When you finish listing all the items consumed, add up all the calories consumed for all items for the 24-hour period.

1. Summary: In three paragraphs compare your expenditure (i) to your input (ii). Discuss what should happen in the long run (gain, lose, or maintain your weight). Discuss what types of food you are eating, and what types of food you are not eating. What does this imply about your health?

Due Thursday, November 18th

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